

August, 2019

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| <i>July 29</i>   | <i>July 30</i>   | <i>July 31</i>   | <b>1</b>   | <b>2</b>  |
| 10:30 - 12 <b>Self-Esteem/Seeking Safety</b><br>Room 202 <i>Channa</i> Tx        | 9 - 10:00 <b>Cultural Conversations</b><br>Room 202 <i>Channa</i>    | 9 - 10:30 <b>Relapse Prevention</b><br>Room 202 <i>Lori B</i> Tx     | 10:30 - 12 <b>Beyond Violence</b> <i>Marquitta</i><br>Room 202 (Anger Management) Tx | CANCELLED<br>TODAY Circle of Parents®   |
| 1:30 - 3:00 <b>Trauma Narrative</b><br>Room 108 <i>Joycee</i> Tx                 | 10:30-Noon <b>Peer Specialist Training</b><br>Room 202 <i>Alyssa</i> | 10:30 - 12 <b>TREM</b><br>Room 202 <i>Channa</i> Tx                  | 1:30-3:00 <b>Beyond Trauma</b><br>Room 202 <i>Brandi</i> Tx                          | 1:30 - 3pm Risky Business - <i>Maria</i><br>Room 108 ( <i>IDU Support Group-All Genders</i> ) |
| 1:30 - 3:00 <b>Adulting 101</b><br>Room 202 <i>Liza (moving to Thurs 3:30-5)</i> | 10:30-Noon <b>TREM</b><br>Room 208 <i>Sharon</i> Tx                  | 1:30-3pm <b>*Orientation*</b><br>Room 202 <i>by appointment only</i> | 3:00 - 4:30 <b>Adulting 101</b><br>Room 202 <i>Liza</i>                              | 3:30 - 5pm Women to Women<br>Room 202 <i>Marquitta &amp; Nevaeh</i>                           |
| 3:30 - 5pm <b>Drug &amp; Alcohol Education</b><br>Room 202 <i>Channa</i> Tx      | <b>CLOSED at NOON</b>  | 5:30 - 7pm <b>TREM</b><br>Room 202 <i>Meghan</i> Tx                  |  |   |
| <b>5</b>   | <b>6</b>   | <b>7</b>   | <b>8</b>   | <b>9</b>  |
| 10:30 - 12 <b>Self-Esteem/Seeking Safety</b><br>Room 202 <i>Channa</i> Tx        | 8:30 - 9:30 <b>AcuDetox</b><br>Room 202 <i>Channa</i>                | 9 - 10:30 <b>Relapse Prevention</b><br>Room 202 <i>Lori B</i> Tx     | 10:30 - 12 <b>Beyond Violence</b> <i>Marquitta</i><br>Room 202 (Anger Management) Tx | 11:30-1pm Circle of Parents®<br>Room 202  |
| 1:30 - 3:00 <b>Trauma Narrative</b><br>Room 108 <i>Joycee</i> Tx                 | 9:30 - 10:30 <b>Women's Health Open Forum</b><br>Room 202            | 10:30 - 12 <b>TREM</b><br>Room 202 <i>Channa</i> Tx                  | 1:30-3:00 <b>Beyond Trauma</b><br>Room 202 <i>Brandi</i> Tx                          | 1:30 - 3pm Risky Business - <i>Maria</i><br>Room 108 ( <i>IDU Support Group-All Genders</i> ) |
| 3:30 - 5pm <b>Drug &amp; Alcohol Education</b><br>Room 202 <i>Channa</i> Tx      | 10:30-Noon <b>Peer Specialist Training</b><br>Room 202 <i>Alyssa</i> | 1:30-3pm <b>*Orientation*</b><br>Room 202 <i>by appointment only</i> | 3:00 - 4:30 <b>Adulting 101</b><br>Room 202 <i>Liza</i>                              | 3:30 - 5pm Women to Women<br>Room 202 <i>Marquitta &amp; Nevaeh</i>                           |
|  | 10:30-Noon <b>TREM</b><br>Room 208 <i>Sharon</i> Tx                  | 5:30 - 7pm <b>TREM</b><br>Room 202 <i>Meghan</i> Tx                  |  |   |
|  | <b>CLOSED at NOON</b>  |  |  |   |

- **Adulting 101** is a life skills class dealing with time/stress/money management, self-esteem, and communication skills
- **Beyond Violence – Anger Management** –violence prevention and risk reduction for women who are learning to manage their aggression.
- **Beyond Trauma** is a group for women who are ready to examine the reach and impact of trauma on women’s lives, helping to integrate traumatic experiences through understanding, mindfulness, and connection.
- **Circle of Parents**® provides a safe, supportive, confidential and non-judgmental environment where parents can openly discuss their successes and challenges of parenting. [www.circleofparentsco.org](http://www.circleofparentsco.org)
- **Drug & Alcohol Education** is a drug/alcohol treatment group using Strategies for Self-Improvement and Change.
- **Healing in Your Environment** provides an opportunity to step outside the walls of Empowerment to explore the city and surrounding natural world, deepening our awareness of how trauma effects the ways we interact with our environments.
- **Peer Specialist Training** is an introductory training to becoming a peer specialist.
- **Relapse Prevention** is drug/alcohol treatment group that focuses on building cognitive and behavioral skills.
- **Risky Business** is for people who inject drugs, to reduce the potential harms of a risky lifestyle in a supportive space.
- **Seeking Safety / Self Esteem** is an integrated trauma, mental health and drug/alcohol treatment group.
- **Trauma Narrative** is a discussion and writing group for women who have experienced trauma.
- **TREM** is a comprehensive group intervention designed to help women who have experienced trauma
- **Women to Women** is a platform for cis & trans women to build a community of support and inclusion.

**The Empowerment Program, Inc.**

1600 York Street, Denver, CO 80206  
 Phone: 303-320-1989 ♦ fax: 303-320-3987  
 Website: [empowermentprogram.org](http://empowermentprogram.org)

**\*Orientation\*: Wednesdays at 1:30 pm**  
*Call 303-320-1989 ext. 238 for an appointment!*

**BOLDED groups** = Women Empowering Women  
**Tx** = Treatment Group  
**PS II** = Peer Specialists

Revised 7/31/2019

August, 2019

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <b>12</b>   | <b>13</b>  | <b>14</b>  | <b>15</b>  | <b>16</b>   |
| 10:30 - 12 <b>Self-Esteem/Seeking Safety</b><br>Room 202 <i>Channa</i> Tx   | 8:30 – 9:30 <b>AcuDetox</b><br>Room 202 <i>Channa</i>                                | 9 - 10:30 <b>Relapse Prevention</b><br>Room 202 <i>Lori B</i> Tx     | 10:30 - 12 <b>Beyond Violence</b> <i>Marquitta</i><br>Room 202 (Anger Management) Tx | 11:30-1pm <b>Circle of Parents®</b><br>Room 202   |
| 1:30 – 3:00 <b>Trauma Narrative</b><br>Room 108 <i>Joycee</i> Tx            | 9:30 - 10:30 <b>Women’s Health Open Forum</b><br>Room 202                            | 10:30 – 11:30 <b>TREM</b><br>Room 202 <i>Channa</i> Tx               | 1:30-3:00 <b>Beyond Trauma</b><br>Room 202 <i>Brandi</i> Tx                          | 1:30 – 3pm <b>Risky Business - Maria</b><br>Room 108 ( <i>IDU Support Group-All Genders</i> ) |
| 3:30 – 5pm <b>Drug &amp; Alcohol Education</b><br>Room 202 <i>Channa</i> Tx | 10:30–Noon <b>Peer Specialist Training</b><br>Room 202 <i>Alyssa</i>                 | 11:30-1pm <b>Women’s Leadership &amp; Resource Cafe</b><br>Room 202  | 3:00 – 4:30 <b>Adulting 101</b><br>Room 202 <i>Liza</i>                              | 3:30 – 5pm <b>Women to Women</b><br>Room 202 <i>Marquitta &amp; Nevaeh</i>                    |
|   | 10:30–Noon <b>TREM</b><br>Room 208 <i>Sharon</i> Tx                                  | 1:00-2:00 <b>Peer Networking</b><br>Room 301 <i>Alyssa</i>           |  |   |
|   | <b>CLOSED at NOON</b>  | 1:30-3pm <b>*Orientation*</b><br>Room 202 <i>by appointment only</i> |  |   |
|   |  | 5:30 – 7pm <b>TREM</b><br>Room 202 <i>Meghan</i> Tx                  |  |   |
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| <b>19</b>   | <b>20</b>  | <b>21</b>  | <b>22</b>  | <b>23</b>   |
| 10:30 - 12 <b>Self-Esteem/Seeking Safety</b><br>Room 202 <i>Channa</i> Tx   | 8:30 – 9:30 <b>AcuDetox</b><br>Room 202 <i>Channa</i>                                | 9 - 10:30 <b>Relapse Prevention</b><br>Room 202 <i>Lori B</i> Tx     | 10:30 - 12 <b>Beyond Violence</b> <i>Marquitta</i><br>Room 202 (Anger Management) Tx | 11:30-1pm <b>Circle of Parents®</b><br>Room 202   |
| 1:30 – 3:00 <b>Trauma Narrative</b><br>Room 108 <i>Joycee</i> Tx            | 9:30 - 10:30 <b>Women’s Health Open Forum</b><br>Room 202                            | 10:30 – 12 <b>TREM</b><br>Room 202 <i>Channa</i> Tx                  | 1:30-3:00 <b>Beyond Trauma</b><br>Room 202 <i>Brandi</i> Tx                          | 1:30 – 3pm <b>Risky Business - Maria</b><br>Room 108 ( <i>IDU Support Group-All Genders</i> ) |
| 3:30 – 5pm <b>Drug &amp; Alcohol Education</b><br>Room 202 <i>Channa</i> Tx | 9:30 – Noon <b>Healing in Your Environment</b><br>Room 108 <i>Brenda</i> (CLOSED) Tx | 1:30-3pm <b>*Orientation*</b><br>Room 202 <i>by appointment only</i> | 3:00 – 4:30 <b>Adulting 101</b><br>Room 202 <i>Liza</i>                              | 3:30 – 5pm <b>Women to Women</b><br>Room 202 <i>“Gender and Sexuality”</i>                    |
|   | 10:30–Noon <b>Peer Specialist Training</b><br>Room 202 <i>Alyssa</i>                 | 5:30 – 7pm <b>TREM</b><br>Room 202 <i>Meghan</i> Tx                  |  |   |
|   | 10:30–Noon <b>TREM</b><br>Room 208 <i>Sharon</i> Tx                                  |  |  |   |
|   | <b>CLOSED at NOON</b>  |  |  |   |
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| <b>26</b>   | <b>27</b>  | <b>28</b>  | <b>29</b>  | <b>30</b>   |
| 10:30 - 12 <b>Self-Esteem/Seeking Safety</b><br>Room 202 <i>Channa</i> Tx   | 8:30 – 9:30 <b>AcuDetox</b><br>Room 202 <i>Channa</i>                                | 9 - 10:30 <b>Relapse Prevention</b><br>Room 202 <i>Lori B</i> Tx     | 10:30 - 12 <b>Beyond Violence</b> <i>Marquitta</i><br>Room 202 (Anger Management) Tx | 11:30-1pm <b>Circle of Parents®</b><br>Room 202   |
| 1:30 – 3:00 <b>Trauma Narrative</b><br>Room 108 <i>Joycee</i> Tx            | 9:30 - 10:30 <b>Women’s Health Open Forum</b><br>Room 202                            | 10:30 – 12 <b>TREM</b><br>Room 202 <i>Channa</i> Tx                  | 1:30-3:00 <b>Beyond Trauma</b><br>Room 202 <i>Brandi</i> Tx                          | 1:30 – 3pm <b>Risky Business - Maria</b><br>Room 108 ( <i>IDU Support Group-All Genders</i> ) |
| 3:30 – 5pm <b>Drug &amp; Alcohol Education</b><br>Room 202 <i>Channa</i> Tx | 10:30–Noon <b>Peer Specialist Training</b><br>Room 202 <i>Alyssa</i>                 | Noon-1pm <b>Luau - WRP Graduation</b><br>Room 202                    | 3:00 – 4:30 <b>Adulting 101</b><br>Room 202 <i>Liza</i>                              | 3:30 – 5pm <b>Women to Women</b><br>Room 202 <i>Marquitta &amp; Nevaeh</i>                    |
|   | 10:30–Noon <b>TREM</b><br>Room 208 <i>Sharon</i> Tx                                  | 1:30-3pm <b>*Orientation*</b><br>Room 202 <i>by appointment only</i> |  |   |
|   | <b>CLOSED at NOON</b>  | 5:30 – 7pm <b>TREM</b><br>Room 202 <i>Meghan</i> Tx                  |  |   |
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